

## ABSTRACT

A hydration system with integral thermal medium is described. It includes a sealable sac or pouch closely associated with a cooling and/or heating medium. The pouch includes an interior portion with a sealable opening to receive liquid for consumption and at least one exterior portion containing the medium. The pouch may be fit into a backpack. It is preferred that any pack used includes insulation. A conduit, preferably capped by a valve, may be fluidly connected to the interior of the pouch to facilitate remote use of the same. In preparation for use, the pouch is preferably chilled, for example in a freezer, or heated, for example in a microwave and then filled with liquid to be consumed by a user to maintain hydration or for enjoyment.